

DrSonia Patient Handout  
Sleep hygiene

Good sleep supports mood, focus, and overall health.

Build a sleep routine

- Keep a consistent bedtime and wake time.
- Limit caffeine after midday.
- Reduce screen time 1 hour before bed.
- Keep the bedroom dark, quiet, and cool.

Talk to your clinician if

- You snore loudly or stop breathing in sleep.
- Sleep problems last more than 3 months.

Source: Government of Canada  
Educational use only; not medical advice.